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THE OPR
MAGAZIN

Try my favorite
breakfast!

It's healthy, it's fast,
it's on page 78

MY #1
RULE FOR
BUYING
JEANS

PG. 16

PLUS

Your guide to
butt-boosting
denim

How far
would you
go for
someone
you don't
know?

THE FAITH-RESTORING
KINDNESS OF STRANGERS

CAN MAKEUP
SAVE YOUR LIFE?

Powerful stories
of becoming who you
were meant to be

WHERE IN
THE WORLD
IS OPRAH?

Find out on
the back cover!

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FEATURES

90 LEAN ON ME Sometimes kindness means even more when it comes from someone you don't know—as you'll see in our stories of strangers behaving wonderfully.

100 WHERE ARE YOU GOING? Photographer *Michelle Theall* follows the call of the wild.

102 TO BE REAL Meet the makeup artists helping trans people learn new beauty and grooming routines—and become who they were meant to be.

108 PIE, OH MY! The slice is right with these creative takes on the classic treat, including innovative flavors (hello, Fluffernutter) and fancy toppings (prepare for whipped cream "ice cubes").

LIVE YOUR BEST LIFE

25 The green-thumbed guy babysitting 13,000 orchids...the artist making her mark on buildings worldwide...rapper-turned actor *Awkwafina* (a.k.a. *Nora Lum*) shares her twist on mac and cheese...and more.

30 THE WORLD ACCORDING TO GAYLE Editor at large *Gayle King* slips into an all-star jacket and gets her groove on at a soul-stirring Broadway show.

LOVE THAT!

37 THE BOTTOM LINE Here's something to get behind: Our team tried on more than 150 pairs of jeans to help you find the best-fitting denim, whether you want to boost your booty or celebrate your curves.

46 ADAM'S HOME STYLE SHEET

Turn back time with creative director *Adam Glassman* and behold these arty '80s-influenced finds.

BEAUTIFUL!

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50 MOOD BOARD Looking fresh while getting fit is no sweat with these problem-solving products.

52 BEAUTY TALK *Norma Kamali*, the fashion designer whose sleeping bag coats were favored by Studio 54 doormen, shares her secrets to getting better with age.

54 SHADOW PLAY Need help picking the perfect hues for your next decorating project? Inspiration is just an eyeshadow palette away.

ILLUSTRATION: GABRIEL LAM; EYESHADOW: CLAUDE BENOIST; MODEL: PETER BOSCHARD; D. BLOOM: HADFIELD; JEANS: AMERICAN EAGLE; WATCH: BORGARD; SHOES: WHIMPER; JEWELRY: JEWELRY; PHOTO: ANDREW THOMAS; LEE FOR THE NEW YORK

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ten titles to pick up now, including the ballad of composer Erik Satie and a pulse-racing thriller about parents forced to commit a terrible crime... and more.

87 LONG STORY SHORT

Author Adrienne Brodeur savors a dish that kept her mother close.

LET'S EAT!

114 SINGULAR SENSATION

This month's ingredient: mango, the sweet stone fruit that transports you to the Tropics.

116 FAST OR FANCY Bring the surf to your turf with two takes on the classic clam bake.

118 WHAT'S COOKING? Every Day Is Saturday author Sarah Copeland whips up a stack of flipping' delicious johnnycakes.

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ON THE COVER: Oprah photographed by Ruven Afanador. Fashion editor: Jenny Capitan. Hair: Nicole Mangrum. Makeup: Derrick Rutledge. Set design: Todd Wiggins. On Oprah: Button-down shirt, \$125; ayr.com. Jeans, \$129; nydj.com. Jewelry, Sheryl Lowe; sheryllowejewelry.com.

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Eleven years after embracing her hair's natural texture, O editor Erin Stoval reaches a breaking point.

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What's music to someone else's ears may be torture to yours. Here's why.

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70 FREE AND CLEAR In the second installment of a two-part series, O life coach Martha Beck lets an overwhelmed entrepreneur in on a little secret: Less is more.

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75 Why finding a workout buddy can be a game changer...take a crack at making Oprah's "sexy eggs"...and more.

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83 Colson Whitehead returns with another dazzling novel about the dark side of American history...Lisa Teddeo dishes on female desire...

NYDJ
FIT IS EVERYTHING

FLATTERING JEANS WILL GET YOU EVERYWHERE!
DON'T MISS O'S 2019 DENIM GUIDE ON PAGE 37.

the list



*A few things
we think are
just delicious!*

Dandy Candy

Looking for an elegant way to get your licks in? This champagne-infused lollipop is made with edible 24kt gold and flowers. **(Botanic Bakery floral lollipops, originally \$35 for five small pops or \$45 for five large pops, now 20 percent off with code OPRAH; marianellasap.com)**



Frost Bite

You know those situations where you're forced to choose between sex and an ice cream sandwich? These little squares of joy consist of a seasonal flavor—think pluot, pear caramel, cherry chocolate—between plain, ginger, or chocolate wafers. Nuff said. **(Frog Hollow Farm ice cream sandwiches, originally \$145 per dozen, now 20 percent off with code OPRAM; froghollow.com)**

The Sweet Spot

When life gives you lemons and berries, let them be in the form of a truly scrumptious tart, with a buttery crust and either creamy lemon curd or fresh blueberry filling. **(\$45 each; indigojonesseats.com)**



I See France

Shipped frozen, these sinfully good croissants, filled with a blend of porcini mushrooms, mascarpone cheese, and truffle oil, can be baked at home whenever you feel like brunching on the Left Bank. **(Le Marais truffle croissants, \$60 for ten; williams-sonoma.com)**

That's My Jam

The evergreen blackberry's small yield means it's seldom sold commercially. It also means these luscious preserves are a major treat when paired with cheese, toast, vanilla ice cream—or a spoon.

(Regalis Wild preserves, originally \$19 each, now 20 percent off with code OPRAM; regalisfoods.com)



Hot Off the Press

Not all olive oils are created equal. Awake is made with heirloom Coratina olives, herbaceous and bright. Alive comes from heirloom Coratina and Frantoio olives, nutty and smooth. Both are harvested in a certified-organic California mill and packaged to perfection. **(The Duo, \$74; brightland.co)**



Tender Loving Rare

Prediction: You will taste this melt-in-your-mouth, smoked low-and-slow brisket and feel a little sad for all those years you lived without it. Then you will make up for lost time! **(Texas prime brisket, originally \$185, now 20 percent off with code OPRAM; hutchinsbbq.com)**





Cut-and-Dried

Crunchy disks of 100 percent natural dehydrated fruit—some dipped in chocolate, some plain, all bittersweet—are almost too pretty to eat! Serve them with tea and dazzle your guests.

(Dardimans California assorted fruit crisp compartment box, originally \$60, now 20 percent off with code OPRAH; dardimans.com)



Four Play

What do you get when you put a serving board, Singing Brook and brebis cheeses, pickled okra, strawberry-rhubarb jam, charcuterie, and a spreader in one delectable set? A perfect picnic for you and three friends! (Farmstead entertaining essentials for four, originally \$95, now 20 percent off with code OPRAH; blackberryfarmshop.com)



The Rich Get Richer

No campfire and ghost stories needed to enjoy the season's most nostalgic treats. These Maman s'mores cookies, baked daily with Guittard chocolate, toasted marshmallows, and Annie's bunny grahams, are sublime anytime, anywhere.

(Originally \$45 per dozen, now 20 percent off with code OPRAH; mamannyc.com)

Fake It till You Bake It

When you join Courtney's Cake Club, a box with a recipe card, premeasured ingredients, a cake topper, and more shows up every month to make your family worry you've been replaced by an impostor who can actually bake. (Single cake box, originally \$55, now 20 percent off with code OPRAH; shop.cakebycourtney.com)



Think Pink

Why wine when you can sip an icy glass of raspberry apple cider? Westwind Orchard grows the fruit, then turns it into a light, crisp, beautifully balanced drink that's heaven on a hot day (Originally \$25, now 20 percent off with code OPRAH; westwindorchard.com)

